

# **Abstract**

- Title:** Lifestyle diseases prevention by adequate lifestyle, healthy diet and physical activities within the corporate culture
- Goal:** Introduce a draft of corporate program for health care based on information acquired from written questionnaire and analysis of approach to health in the Czech Republic, and also based on materials from the Institute of Health Information and Statistics in Czech Republic.
- Methods:** Primary quantitative data were chosen as a data source. Primary quantitative data were collected by written questionnaire. A primary set are employees of five selected companies. Secondary set are 100 respondents who demonstrate a representative sample. Information obtained from the Institute of Health Information and Statistics in Czech Republic are secondary data which were collected within a nationwide statistics.
- Results:** Particular questions from written questionnaire were processed and obtained results are presented in pie charts. Secondary data are processed and presented by scripts, charts and tables.
- Keywords:** Lifestyle, physical activity, healthy diet, lifestyle diseases, prevention.